

# Goodfellow Monitor

To deliver combat-ready Intelligence, Firefighter and SPINSTRA warriors to the Combatant Commander. Training is our focus, war is our mission.



Vol. 48, No. 27

Goodfellow Air Force Base, San Angelo, Texas

July 14, 2006

## QUICK BRIEFS

17th Comptroller Squadron Change of Command: The 17 CPTS is scheduled to conduct a change of command ceremony today at 10 a.m. at the Goodfellow Club.

Lt. Col. Jeffrey Coggin will relinquish command of the squadron to Maj. Stephen Cristofori.

Praise Craze: The 17th Training Wing Chapel office plans to host a student, family and community outreach concert series. The series, called Praise Craze, is scheduled for Saturday at the Goodfellow Rec Camp at Lake Nasworthy from 1:45-8:45 p.m.

For more information see ad on

Newcomer's Orientation: The next newcomer's orientation briefing is scheduled for Tuesday at the Goodfellow Club.

Only individuals who have been scheduled by Senior Airman Christina Kuske or the commander's support staff must attend in order to maintain data integrity and accountability. The orientation starts at 7:45 a.m. and is an all-day event.

For more information, call 654-Housing Requirement Survey to

close by close of business today: The mandatory web-based survey is available for all services, civilians, retirees, accompanied or unaccompanied, living on base or in off-base housing, at http://airforcehouisngsurvey.us/. Select Goodfellow from the pull-down menu. The case-sensitive password is: good3311. The survey takes 15 minutes to complete, and is essential to future housing develop-

For more information, call 654-

# TRW Historian wins consecutive AETC Heritage Awards

By Airman 1st Class Luis Loza Gutierrez

**EDITOR** 

Dr. John Garrett, 17th Training Wing historian, has been awarded the 2006 Air Education and Training Command Heritage Award, marking the second consecutive time he has won the honor.

The Heritage Award "recognizes outstanding accomplishments by the Air Force History and Museums Program personnel to foster a better understanding and appreciation of the United States Air Force." Nominees are judged against the following criteria: content (depth or breadth of research, quality of interpretation), utility (timeliness and relevance of the topic to the Air Force) and presentation (attractiveness of the final product).

The award was presented to Dr. Garrett in recognition of the EC-47 project and dedication ceremony, where a VC-117 aircraft was restored into an EC-47Q aircraft, which flew the Air Force's final airborne radio direction finding mission (ARDF) over Southeast Asia during the Vietnam

"Goodfellow trained the intelligence crews for these ARDF missions, and four of our buildings (Cressman, Leftwich, Melton and Ryon) are named for Intel crewmembers who perished while on these missions," the insightful historian noted.

Dr. Garrett has won several other notable awards during his tenure at Goodfellow.

Prior to winning the AETC Heritage Award in 2005 and 2006, Dr. Garrett also won the Heritage Award at the Air Force level. His first time winning the AETC Heritage Award was in 1998

In addition, Dr. Garrett has won the Outstanding History Program Award at AETC and Air Force levels in 2003. He is currently competing for this award at the Air

Dr. Garrett's recent recognition is no surprise to me or the wing," said Col. Andrew Britschgi, 17th Training Wing vice commander. "This award, like others he has received in the past, is a testament to the dedication and excellent work he contributes to Goodfellow and the preservation of its history," the colonel added.

"I believe these characteristics, along with continued nomination and selection for awards such as the AETC the Air Force," Col. Britschgi concluded.



Photo by Airman 1st Class Luis Loza Gutierrez

Dr. John Garrett, 17th Training Wing historian, writes a few notes

Heritage Award, are the reasons why Dr. Garrett is regarded as one of the best historians, if not the best historian in

# 17 CS Civilian receives AETC award

By Airman 1st Class Luis Loza Gutierrez

Erma Brooks, 17th Communication Squadron software license manager and equipment control officer, was recently named 2005's Air Education and Training Command Information Specialist of the Year.

Col. Scott Bethel, 17th Training Wing commander, presented her with the award July 6.

Ms. Brooks was chosen for the AETC-level award due to her outstanding performance in communications and information and her overall excellence in duty performance.



Erma Brooks reviews an appointment letter in her office Wednesday. Her recent award was of a ceramic eagle. The award is on the right side of this photo.

"Mrs. Brooks is the hardest working person that I know. She has a can-do and positive attitude that I have rarely seen. Mrs. Brooks is the perfect balance of kindness, dedication and loyalty. Her selection as the AETC Communications and Information Civilian of the year is well deserved," said Capt. Stephen Harding, a former information systems flight commander with the 17 CS.

"I was shocked but very grateful when it was announced at a squadron commander's call," said Ms. Brooks. 'My co-workers congratulated me and said it was well deserved, but no one truly wins an award alone," she added.
"All equipment control office per-

sonnel deserve credit for the outstand job they do, day in and day out," she said. "Together we can... and we did."

has received many base-level awards, too many to mention. The following list contains some of her most recent

- ♦ 17th Communications Squadron Civilian of the Year GS-7 through GS-
- ◆ 17th Training Wing Information Management Civilian Specialist, 2005
- ◆ 17th Communications Squadron Civilian of the Quarter, GS-7 through GS-9, 2005
- ◆ 17th Support Group Civilian of the Year GS-7 through GS-9, 2000

In addition to the awards previously mentioned, Ms. Brooks has in the past been named Air Training Command Supply Supervisor of the Year; ATC Outstanding Supervisor of the Year; 17 CS Civilian of the Year, GS-7 through GS-9 and 17 CS Civilian of the

SEE **BROOKS** ON PAGE 5



Photo by Senior Airman Michele Misiano

Col. Scott Bethel (left), 17th Training Wing commander, passes the 17th Medical Group guidon to Col. Barry Simon during a change of command ceremony Monday at the Goodfellow Club. Col. Phil Samples, former 17 MDG commander looks on from the far

# **Mexican border town policies**

By order of Col. Scott Bethel, 17th Training Wing commander, the cities of Ciudad Acuña and Piedra Negras adjacent to Del Rio and Eagle Pass, Texas, are off limits to all military personnel during hours of darkness.

In addition, "Boys Town" in Ciudad Acuña is strictly off limits at all times to all Goodfellow military, including active duty, guard and reserve person-

These actions are being taken to ensure the safety of all Goodfellow personnel. These restrictions will remain in place until further notice.

All other Goodfellow personnel, including Department of Defense civilian employees, contractors and family members, are advised to exercise appropri-

# **INDEX**

Commentary. News. Services News Briefs Sports\_ Community\_

## Weekend Forecast

Friday Low: 74 Partly cloudy Saturday Partly Cloudy Low: 72

Sunday

Mostly Sunny

High: 100

Low: 73



## INSIDE THIS WEEK

### SAFETY TIP OF THE WEEK

In accordance with Goodfellow AFB Supplement 31-204, golf carts are not allowed to be driven on Kearney or Sherz Boulevards except to cross the road. Golf carts and other low-speed vehicles should also not be operated on troop walks.

# Commentary

# <u>Response</u> Line

The Response Line is a M communications tool provided for everyone with comments, questions, complaints and suggestions. I am committed to provide the best services and programs to all of our customers, and you can help to make them even better. If there is a way we can make something better, I ask that each individual contact the specific organization, try to resolve any concerns at the



**Bethel** 

lowest level, and then follow the chain of com-

If the process does not produce results, please send an e-mail to:

17trw.responseline@goodfellow.af.mil. Your comments or questions will be recorded on

Be sure to include your name and a phone number where you may be contacted for more information or a personal response. Items of general interest may be printed in the Goodfellow

Alternative Dispute Resolution	654-4690
Ken Stenzel: Ken.Stenzel@goodfellow.af.mil	
Base Exchange	654-3361
Joan Strawderman: Strawderman@aafes.com	
Commissary	654-3358
Kimberly Houston: Kimberly.Houston@deca.mil	
Civilian Equal Opportunity	654-4690
Ken Stenzel: Ken.Stenzel@goodfellow.af.mil	
Energy/water abuse hotline	654-5087
Fraud/waste/abuse hotline	654-3048
Inspector General	654-5389
Lt. Col. Audrey Lomax: Audrey.Lomax@goodfello	w.af.mil
Law enforcement desk	654-1570
Military Equal Opportunity	654-3897
Capt. Jason Belcher Jason.Belcher@goodfellow.af.r	mil
Public Affairs/Straight Talk Center	654-3877
Cheri Dedrick: Cheri.Dedrick@goodfellow.af.mil	
Sexual Assault Response Coordinator	654-1570
Paul Buckingham: Paul.Buckingham@goodfellow.a	af.mil

# Goodfellow Monitor

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the public affairs office of the 17th Training Wing. The staff reserves the right to edit for style, clarity, consistency and space. The staff also reserves the right not to print any submission. All photographs are Air Force photographs unless otherwise indicated.

### Submission deadline

Deadline to submit articles for inclusion in the Monitor is 10-calendar days before publication. The staff accepts stories via e-mail to monitor@goodfellow.af.mil.

### Advertising

For information about placing commercial advertisements in the Monitor, call the Standard-Times at 659-8309. To place classified ads, call 655-SELL (7355).

# Two for the money, three to get ready, four to go!

### Commander's Column

By Lt. col. Jeffrey Coggin

17TH COMPTROLLER SQUADRON

I know you must think - my what an unusual title! Oddly, the numbers 2 - 3 - 4 seemed to hit the mark for some final thoughts I would like to share with you before departing Goodfellow . So

TWO FOR THE MONEY:

been two years since I took command of the 17th
C o m p t r o l l e r
Squadron. I have learned much about leader-ship and command of the 17th financial management during my tour. The past two fiscal years have been very challenging due reduced budgets, rate increas-COMPTROLLER. es and growing training require-However, thanks to the hard work and expertise of the wing's financial to ensure Team Goodfellow conmanagement team, commanders, tinues to excel. Never believe and resource advisors, Team Goodfellow not only accomplished our very important mission, but also continued to improve our troops' quality of life on a daily basis

THREE TO GET READY:

As new officers "get ready" to assume our wing's command positions, I have three recommenda-

1. LEADERSHIP, not LIKER- will be held accountable for the

leader requires you to make tough and sometimes unpopular decisions. It is fine to be friendly with your troops, but you cannot be friends. You must always remain objective and cannot be swayed by personal relation-

ships when tough It is hard to believe, but it has decisions are to be made, like who will deploy downrange "in

> istering discipline when required, just so you will not lose "cool with points" your troops. Únited We Stand,

Divided We

F a 1 1 !

people account-

able or admin-

your tour, you will need to work closely with other squadrons and wing agencies your unit is an island that can stand alone. You will also find fellow commanders are great sounding boards when times get tough

3. Do not over-lead. By being too dominant of a leader, it does not allow others to develop. As a commander, you are hired to lead

and you have no one else to con-

However, leave some "leadership vacancies" so others can step up and take the reins. Sure, the outcome may not be exactly what you had in mind and mistakes may be made - but at the end of the day, you are accomplishing one of your most important duties as a commander, growing future Air Force leaders.
FOUR TO GO:

Coggin

As the Coggin family of four prepares to depart, we will always harms way." You can-not avoid holding at Goodfellow. We are extremely excited about our move to Lincoln, where I will pursue an Air Force-sponsored PhD at the University of Nebraska. However, I know it will be difficult to find a more friendly and supportive community than San Angelo, Texas. As the wing's comptroller, I worked many late nights and weekends over the past two years. However, I always felt comforted knowing my family was "safe and sound" in our neighborhood and Throughout my children were taught by teachers who really cared about their future. Additionally, it was great not having to face massive traffic jams on the "306 Beltway" when commuting home after a 14-plushour day. Without a doubt, to know San Angelo, is to love San Angelo! Kay, Kody, Brandon, and I could not have asked for a better assignment - Goodfellow was "SPOT-ON" for the Coggin Family. So, as we point our vehicles toward the cornfields of Nebraska, we wish Team Goodfellow God's richest blessings, much happiness, and continand at the end of the day, you ued success in the future! CHA-



## Commander's Column

By Lt. Col. Julie Plummer-Ashbauh

17TH LOGISTICS READINESS SQUADRON

Are you bored and tend to just stay in your room, apartment, or house during the weekends? Do you only know and hang out with other military members and their families? Sounds like me a year ago.

Our first year here, I did not get out much and meet many San Angelo locals. I knew I was missing out. I had my reasons

friendships, had I not made the that year, with a new baby and a first year in command of a squadron keeping me busy. Last summer, I became involved in diffic.
things in
the local
community. I am
Aid. I different

and developed good friendships. It also made the year go by faster, or so it seems.

I will always have fond memories of my assignment to Goodfellow and of San Angelo because of the friendships that I have developed here.



Plummer-**Ashbaugh** 

It will be hard to say "good-bye" in a few months to new my friends. feel I am a better person and would have missed out opportunities to have developed these strong

effort to be involved in the community. Hopefully, I have also enriched the lives of my new friends and they

ple for getting to know me. If you are not happy or do not have fond memories of Goodfellow or San Angelo yet, I suggest you get out. become

nity and meet new people.

involved in the commu-You will be glad you did. Plus, I am sure your time here will be happier and also will go by quicker than if you continued to hide out in your room, apartment or house during your off-

# DID YOU KNOW?

This Week in

<u>July 15</u> 1961: The first Minuteman I missile wing is activated at Malmstrom Air Force Base, Mont.

# July 16

1971: Jeanne M. Holm, director of Women in the Air Force, becomes the first woman promoted to brigadier gen-

<u>July 17</u> 1989: First flight of the B-2 Spirit.

July 18
1914: Congress creates the Aviation Section of the Signal Corps.

<u>July 19</u> 1957: The U.S. Air Force fires the first airto-air nuclear defense rocket, the Douglas MB-1 Genie, from an F-89J over Yucca Flat,



# Tobacco Cessation

The Health and Wellness Center will host hour-long Tobacco Cessation classes Thursday, as well as July 27, August 3 and August 10. The sessions are scheduled for 11:30 a.m. and 4:30 p.m. For more info or to enroll call 654-5725

NOTE: If attending a course is not feasi ble for you, please inquire about the selfmanaging tobacco cessation program.

Services Tobacco Addiction Reduction Program (STAR)

#### THE BENEFITS OF QUITTING TOBACCO

Within 20 minutes of quitting - your blood pressure and pulse rate drop to normal and the temperature of your hands and feet increases to normal.

Within 8 hours of quitting - your carbon monoxide levels drop and your oxygen levels increase, both to normal levels.

Within 24 hours of quitting - your risk of a sudden heart attack decreases Within 48 hours of guitting - nerve endings begin to regenerate and your senses of smell and taste begin to return to nor-

Within 2 weeks to 3 months of quitting your circulation improves and walking becomes easier; even your lung function increases up to 30 percent.

Within 1 to 9 months of quitting - your overall energy typically increases and symptoms like coughing, nasal congestion, fatigue, and shortness of breath diminish: also, the small hair like projections lining your lower airways begin to function nor mally. This increases your lungs' ability to handle mucus, clean the airways, and

Within 1 year of quitting - your risk of coronary heart disease is half that of someone still using tobacco.

# THE BUIDER MOBILE



Photo by Senior Airman Michele Misiano The RAIDER Mobile parked at the Louis F. Garland DOD Fire Academy

By Airman 1st Class Luis Loza Gutierrez

**E**DITOR Earlier this month the 17th Communication Squadron received a special military vehicle called the RAIDER.

The RAIDER is a military Humvee customized as a mobile vehicle for the execution of quick transmition of information.

News

RAIDER stands for the Rapid Attack Information Dissemination Execution Relay.

As part of a one billion dollar program, the RAIDER is the ground component of this effort. The RAIDER is paired with the Battlefield Airborne Communications Node to provide robust interoperability for the joint and coalition combatant commander.

The squadron will play host to the RAIDER mobile for about one month, said Master Sgt. Kevin Farthing of the 17 CS.

The squadron is scheduled to receive two other RAIDER vehicles in October.

"Once the two new RAIDER mobiles arrive, our squadron will have two years to develope a training program for the RAIDER vehicles. The program will then be implemented as formal technical school training at Keesler Air Force Base, Miss.," said Master Sgt. Farthing.

They will take the lead to "operationalize the capability" by fielding a cadre of instructors to teach other DOD units how to operate RAIDER. The squadron will also develop tactics, tech-

niques and procedures and provide input for future spiral developments of system upgrades. Information provided by Maj. Kjall Gopaul and Master Sgt. Kevin Farthing of the 17th

Communication Squadron contributed to this story.)

Col. Scott Bethel (sitting), 17th Training Wing commander, listens to David Ward, RAIDER expert, explain the functions of the RAIDER system.

# Air Education and training Command special assignment team briefs Goodfellow



Photo by Airman 1st Class Luis Loza Gutierrez Tech. Sgt. Matthew Davidson answers ques-

tions about the benefits of being an Air Force

recruiter July 6 at the base theater.

By Airman 1st Class Luis Loza Gutierrez

**EDITOR** 

The Professional Enhancement Center hosted an Air Education and Training Command special assignment team mass briefing July 6 at the base theater.

The briefing was conducted by two noncommissioned officers, who are currently in the recruiting field.

The briefing began with a slide presentation by Tech. Sgt. Matthew Davidson, an Air Force Recruiting Screening Team member from Randolph Air Force Base, Texas.

During his part of the briefing, Sgt. Davidson dispelled rumors about recruiters being deployed.

Staff Sgt. Joseph Thornberry, 737th Training Support Squadron Military Training Instructor Recruiting team NCO in charge from Lackland Air Force Base, Texas, continued with a very insightful video on becoming an

Sgt. Thornberry mentioned the Air Force is currently looking to fill 70 slots for both MTI's and Military Training Leaders.

"Our objective is to maintain a steady flow of strong minded NCOs looking for a challenge outside their career field," he said.

Both recruiters opened the floor for questions and comments at the endof their briefings.

Interested individuals can refer to the information listed below for the respective special duty assignments.



http://www.lackland.af.mil/737web /ti.htm E-mail: MTIR@lackland.af.mil

**Phone:** DSN 473-1016/1018 **Air Force Recruiting** 

Web:

www.afrecruiting.com/index.asp E-mail: rst@rs.af.mil Phone: DSN 665-0584



Photo by Airman 1st Class Luis Loza Gutierrez Staff Sgt. Joseph Thornberry, talks about the requirements needed to be an MTI July 6 at the base theater.

# At a Glance with Services

## Friday 14

TEXAS HOLD'EM 7 p.m. in the Refuge Call 654-3247

LIVE BAND "EMBER" PLAYING AT THE CLUB 9 p.m. Goodfellow Club Call 654-5327

## Saturday 15

HORSEBACK RIDING TRIP

10 a.m. Community Center Call 654-3247 Build Your Own Ice Cream \$1 Per Sundae Party

At The Community Center TODAY! 2-5 p.m. We'll provide the goodies for you to create the perfect sundae.

Call 654-4705 Deadline TODAY!

## Sunday 16

BATTLE TO THE DEATH HALO2 TOURNAMENT 2 p.m. Community Center Call 654-3247

**BOWLING & BURGERS** 

1-8 p.m. Thede Bowling Center Call 654-3227

## Monday 17

**Breakfast** Buffet At The Club Breakfast will

be served from 6 to 9 a.m. on through Fri. summer scrambled eggs, waffles & French toast, seasoned country potatoes, sausage bacon, scones,

Tuesday 18

Community Center. Call 654-3247.

> ieck us out on the web Give Us Your 2¢

## Wednesday 19

2-4-1 BATTING **CAGE TOKENS** Community Center Call 654-3247

CHILDREN'S STORYTIME AT THE LIBRARY Every Wednesday 10 a.m. Base Library

Call 654-3232

# Thursday20

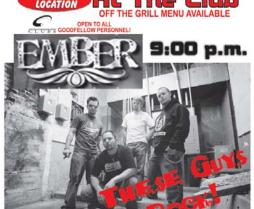
**COMICS ON DUTY** 9 p.m. Goodfellow Club Call 654-5327

9-BALL POOL TOURNAMENT

6 p.m. Community Center Call 654-3247

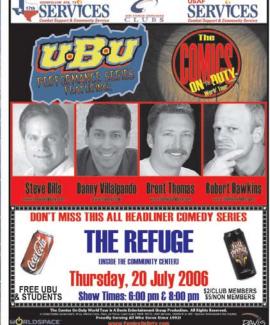
POOL HOURS OF OPERATION





\$3 - Club members & UBU \$5 - Nonmembers SERVICES Order From the Grill





# View from the Top: The First Year

BY GEN. WILLIAM LOONEY

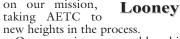
AETC COMMANDER

RANDOLPH AIR FORCE BASE, Texas (AETCNS) - Recently, I celebrated my first anniversary as a member of the Air Education and Training Command team. During this time, we've faced a number of challenges and achieved tremendous success fulfilling our mission to develop America's Airmen today for tomorrow.

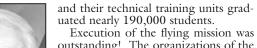
Shortly after I arrived, Hurricanes Katrina and Rita devastated Keesler and a large portion of the Gulf Coast region. Instantly, I was amazed by your willingness to roll up your sleeves, jump in, and help those overpowered by these destructive storms. From performing heroic rescues to delivering emergency medical care to providing safety and security, First Command Airmen made a difference. Despite heavy damage to its infrastructure, the arduous task of rebuilding Keesler was quickly underway, thanks again to your efforts. In fact, just days after Katrina wrought unspeakable destruction on the Biloxi and Gulfport areas, Keesler

was back in busitraining ness. Airmen in critical career fields to keep our Air Force the Global War on Terrorism.

Even through our recovery efforts. First Command Airmen remained focused on our mission, taking AETC to



Our recruiters smoothly shifted efforts to help the Air Force meet our congressionally mandated strength, bringing in over 20,000 new enlisted and officer personnel in the process. In addition, Basic Military Training graduated over 22,000 enlisted personnel and restructured the course to match a typical AEF cycle in order to provide our new recruits more readiness and combat skills instruction. Along with their BMT accomplishments, in the arena of initial and advanced skills training, 2nd Air Force



outstanding! The organizations of the 19th Air Force flew nearly 560,000 hours, graduated 1,259 pilots and almost 20,000 new aircrewmembers.

Additionally, the modernized avionics and glass cockpits in the T-6A and T-38C, combined with the stand-up of the F-22A Raptor training program at Tyndall AFB, allowed AETC-trained pilots to become combat ready and continue our tradition of air domi-

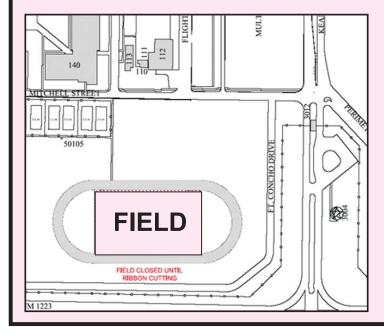
All along, Air University continued to be a recognized pillar of excellence, providing educational opportunities to over 179,000 graduates via residence and distance learning programs.

All total, AETC recruited, trained, and educated more than 432,000 Airmen for our Air Force and the joint commanders during our first year together. And you accomplished all of this while deploying 3,822 AETC Airmen to fight the GWOT.

Marilyn and I have had the opportunity to visit all of our installations and meet the magnificent men and women who make up AETC. At each and every stop, we are awed and overwhelmed with the dedication, commitment, and performance of our Airmen and their families. It is so obvious that the strength and foundation of AETC is our people. Your commitment to integrity, service, and excellence keep us the recognized world center of excellence for training and education. And you--the Airmen of the First Command--are the key in making AETC a "command of choice."

Let me also take this opportunity to thank all our family members for their unwavering support and sacrifice. Without you, we would not be the world's greatest Air and Space Force!

With all we've done so far, I'm excited to begin my second year as your commander, and look forward to even greater accomplishments as we continue to deliver unrivaled education and training to the greatest Air and Space Force the world has ever seen. It's my great privilege and honor to serve with you as we develop America's Airmen today ... for tomorrow.



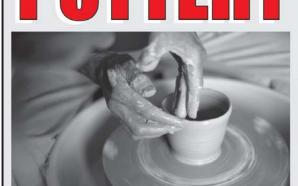
# **Base track** open for use

The base running track is now open for use. The base field is still closed until a ribbon cutting ceremony scheduled for early August.

The 17th Civil Engineer Squadron asks that all people stay off the field as the contractor continues to refine the field to its best performance.

For more information call Joshua Ludwig at 654-5953.





Bldg 109 654-3237

If you have an interest in making pottery, we have potter's wheels and clay. We regularly offer classes in hand-built pottery. Stop by and see Peggy.









Changes of Command

◆ The 17th Logistics Readiness Squadron will conduct a change of command ceremony
Thursday at 2 p.m. at the Goodfellow Club.

Lt. Col. Julie Plummer-Ashbaugh will relinquish command of the squadron to Maj. William P.
Roberts

Roberts.

POC: 654-3841

◆ The 17th Training Support Squadron will conduct a change of command ceremony July 25 at 10 a.m. at the Goodfellow Club. POC: 654-5023

Lt Col. Shane Smith will relinquish command of the squadron to Lt. Col. Robert Ehlers.

Dress for military is duty uniform, or business attire for civilians. For more information about the changes of command refer to the contact number

#### **Airman and Family Readiness**

The Airman and Family Readiness Center (formerly known as the Family Support Center) offers the

following services:

Car Buying 101: Every Friday at 1 p.m. The class promotes the welfare of members by assisting them in making informed financial decisions before they enter into an agreement to purchase a vehicle.

♦ Workforce Solutions of the Concho Valley: Every Thursday from 9 a.m. to noon a representative from the Texas Workforce Commission is available at the Airman and Family Readiness Center Annex, Bldg. 246. They will be able to help with issues concerning unemployment compensation, job

search, job training and help people create a draft resume in 30 minutes.

◆ Resumé Writing Class: Today, 1-4 p.m. This skills building workshop teaches the ABC's of resume writing. By taking this class, you will be able to professionally write your own resume and

learn how modify it for all the jobs you seek.

• Marriage 101: Saturday, 9 a.m. to 3 p.m. Everyone is welcome to attend this seminar, designed for engaged and recently married couples. Highlights of the seminar are Conflict Resolution, Improving Couple's Communication, Personality Types, Common Expectations, and the Keys to a Successful Marriage. Presenters for the seminar represent the Base Chapel, Life Skills, and Family

News Briefs

Support Center staff.

Sponsorship Sponsorship Training: Monday, - 4:15 p.m. Just being a sponsor is not enough; a sponsor must be motivated, concerned for the needs of the newcomer, and creative. During our training we will enlighten the sponsor on available resources, relay some proven tools of good sponsorship, and ignite the spark for creative

◆ Secrets to Finacial Success: Wednesday, 11 a.m. to 12:30 p.m. Part 1 of a four-part Lunch and Learn financial series. Learn how to control your finances so they don't control you. Participants learn how to quickly reduce debt, analyze tax brackets, evaluate interest rates, compute a personal debt to income ratio, evaluate types of life insurance, pre-

pare a budget, and save for emergencies.

◆ FBI Recruiter Visit: Thursday, 11 a.m. to 2 p.m., in Bldg 246. A Federal Bureau of Investigation recruiter will answer questions about opportunities for a future career with the FBI. Open to students, permanent party and civilians from all branches of service. No appointment nec-

◆ Investing 101: July 26, 11 a.m. to 12:30 p.m. Learn the basic principles of investing; types of investment vehicles and how they work; and the power of compounding. This class is Part 2 of a Lunch and Learn Financial Series. Part 1, Secrets to Financial Success, is recommended but not required.

Unless otherwise stated, classes are at the Airman and Family Readiness Center, Bldg. 300.

For more information or to sign up for a class, call 654-3893 or visit www.familysupportgoodfellow.org, click on "schedule a meeting," click on "events," then select the class.

**Enlisted Spouses Group** 

The Goodfellow Enlisted Spouse's Group is open to spouses of enlisted service members of all branches. There is no fee to be a member. For more information, contact Angie Wilson at (325) 212-1376 or GoodfellowESG@hotmail.com.



CHAPEL WORSHIP SCHEDULE: The Goodfellow Chapel holds Catholic and Protestant services, religious education every Sunday and other programs.

Catholic services:

Catholic services: Sunday Mass at 9 a.m.

Noon Tuesday through Friday CCD at 10:30 a.m. in Bldg 135 (Sept-May) R.C.I.A. at 10:30 a.m. in Bldg 139 (Sept-

Protestant services (Sundays):

11 a.m., Traditional Protestant Worship Service

2 p.m., Gospel Service

6 p.m., New Life Contemporary Service

Sunday school for all ages at 9 a.m. in Bldg 135 (Sept-May)

Children's Church - Sundays with 10:30 a.m. worship service at Chapel

**Choir Practices (In Chapel)** 6 p.m. Traditional Worship Team,

Thursdays

5:45 p.m., Gospel Service, Thursdays 6 p.m., Catholic Choir, Wednesdays

7 p.m., New Life Contemporary Service, Thursdays

**Bible Studies:** 

 Catholic Bible Study, 7 p.m. Mondays at Crossroads

♦ Chit Chat Lunch, 11:30 a.m. Tuesdays at Crossroads

Promise Keepers, 11 a.m Wednesdays, in Bldg 136, 7 p.m. Wednesdays at Crossroads Family Bible Study, 7 p.m. Thursdays at Bldg. 135

For more information on chapel programs, call 654-3424.

For more information on Jewish programs, call

# diss something:

A rea too!

All "love offerings" will go to the Protestant Chapel Tithes & Offering Fund, supporting Base outreach

programs, Religious Education, Student Ministry, Music programs, & more!

All booth proceeds will go towards providing for our Soldiers, Sailors, Marines, & Airmen ... see booth FMI

For more information, please call Mr. Kelly Bales (325) 245-5546

Looking for back issues, want to submit a story or picture to the Monitor or just browse some community links? Look no further! The Goodfellow Monitor can be found on the internet at: https://wwwmil.goodfellow.af.mil/Monitor/



Upbeat & Rock'n for the Lord ... you don't want to miss them!

Please, NO alcohol or tobacco in concert area

Blood Mobile scheduled United

Blood

Services

e a HERO & Donate

Free & Open to the Public!

GLASS

Food & Beverages

NO PETS, PLEASE

available for purchase

ALL BAGS SUBJECT TO SEARCH

NO FEDERAL ENDORSMENT IMPLIED

### From **BROOKS**, page 1

Quarter, GS-7 through GS-9. She has also received several Sustained Superior Performance Awards during her more than 26 years of service here, and received the Federal Women's Program Woman of the Year Award for her grade.

Her hard work and dedication also led her to receive a Quality Step Increase in June 2003 for outstanding duty performance, and she has also had the honor of receiving the Commander's Excellence Award.



Educating, training, leading and mentoring the enlisted men and women of Goodfellow Air Force Base.

# **17 CS Advisories**

**System Banner** 

As part of the Standard Desktop Configuration (SDC) mandated by Air Force and AETC policy, workstations are being pushed Banner 3.1 software which will display a small banner across the top of your desktop. The banner should be green in color for unclassified systems.

### Common Access Card

For personnel who are currently logging onto the network with their CAC, and all CAC-enabled personnel after July 31, the Standard Desktop Configuration (SDC) being pushed to all workstations forces an automatic logoff of the session for the user any time the CAC is removed from the reader for more than 15 minutes. This means that if you remove your CAC to lock your terminal you will automatically be logged off the network.

This policy is mandated by the Air Force SDC and AETC policy. Please ensure that when removing your CAC for more than a few minutes to save all of your open files and work. Failing to do so may result in lost work or files.

# F-35 dubbed "Lightning II"

WASHINGTON (AFPN) -- The Air Force chief of staff announced Lightning II as the F-35 name during a Joint Strike Fighter Inauguration Ceremony today at the Lockheed Martin Aeronautics Co. at Fort Worth,

Gen. T. Michael Moseley made the final decision after an extensive nomination and review process, coordinated with the other services and partner nations.

In naming the F-35, General Moseley said, "Today, the enemies of peace and freedom have been put on notice. They have feared this day because the F-35 provides the coalition warfighter the perfect blend of speed, precision and stealth.

"In my travels, Airmen have given me some great suggestions that we'll see on new Air Force weapons systems in the near future," he said. "The name for the F-35, Lightning II, was a win for aviation heritage and culture.

The heritage associated with this name played a significant role in its ing and naming military aerospace selection. The original P-38 Lightning was also a strike fighter and had the most air-to-air kills in the Pacific during World War II. Both of America's

top two aces -- Maj. Richard Bong, 40 kills, and Maj. Thomas McGuire, 38 kills -- scored all of their victories in the P-38 Lightning in WWII.

The Lightning II name also draws parallels with a formidable force of nature. Like lightning, the F-35 Lightning II will strike with destructive force. The stealth characteristics of the jet will allow the F-35 to strike the enemy with accuracy and unpredictability; when the enemy finally hears the thunder, the F-35 is long

The F-35 Lightning II is the next generation strike fighter bringing cutting-edge technologies to the battlespace of the future. The Lightning II's advanced airframe, autonomic logistics, avionics, propulsion systems, stealth and firepower will make it an affordable, lethal, supportable and survivable aircraft for warfighters across the globe.

The Air Force is the Department of Defense's executive agent for designatvehicles. Air Force and Navy representatives proposed the Lightning II name during the review process

# What (and how) to RECYCLE ON GOODFELLOW

Paper: All office paper, including envelopes

- No carbons
- No envelopes with windows
- No shredded paper
- Use gray lock bins for Privacy Act material

Newspaper: Newspaper and all inserts

No strings, plastic binding straps or wrapper bags

#### Catalogs and Magazines:

- All catalogs and magazines are accepted for recycle
- Telephone books are included

Plastic: Plastic containers #1 and #2 only (all colors)

- Removed and discard all caps and lids
- Only plastic PETE #1 (soft drinks and juice bottles for example) and
- HDPE #2 (milk jugs and some laundry detergent bottles)

Cardboard: Corrugated boxes and brown paper bags only

- Remove packaging and flatten
- Corrugated cardboard only -- no chipboard (cereal and shoe boxes, for example)
- Absolutely no pizza boxes!

#### Aluminum Cans:

- Rinse cans thoroughly
- Beverage cans only no scrap metal, aerosol cans, pie pans, etc.



Air Force Chief of Staff Gen. T. Michael Moseley announces the name selected for the new F-35 during the inauguration ceremony at the Lockheed Martin plant in Fort Worth, Texas, July

# NEW AVENGERS COME TO GOODFELLOW



The third issue of Marvel Comics' The New Avengers has been released as a free military tribute in Army and Air Force Exchange Service stores, AAFES announced in June.

Titled "Time Trouble," the issue features Marvel's superheroes "The New Avengers," including Captain America, Nick Fury and Luke Cage, along with special guests X-Men and Spiderman. The heroes are sucked through a time portal to World War II, where they must take on the evil Kang.

"Time Trouble" will be available on a firstcome, first-served basis, AAFES said.

# **SECAF** releases letter to Airmen

BY THE HON. MICHAEL W. WYNNE

SECRETARY OF THE AIR FORCE

7. The jet 5th-generation, supersonic stealth fighter is named Lightning II.

Congratulations! As a leader in the Total Force Integration the Air Force continues to benefit from one powerful, cohesive team formed by our Active Duty Airmen, Air National Guardsmen, and Air Force Reservists. In my travels around the Air Force, I see this synergy firsthand and realize our training and operations make it impossible to differentiate between the three components. Whether it is the C-17 landing in the combat zone or the mechanic working on F-16s in Vermont, the Total Force is making it happen.

We simply could not accomplish today's dynamic mission without the Total Force integration of our Guard, Reserve and Active Duty force. Gone are the "strategic reserve" days of the Guard and Reserve. our total force sacrifices daily through ed deployments in the most challenging missions we have. As an integral part of this highly skilled team, the Guard and Reserve train to the same high standards set by our Active Duty, operate the latest equipment and participate in every mission across the spectrum of operations.

Our Active Duty, Guard and Reservists stand side by side in the fight in the Global War on Terrorism. Nowhere was this more apparent than in the recent airstrikes that killed the leader of Al-Qaeda in Iraq, Abu Al Zarqawi. In Balad, the 332nd Expeditionary Maintenance Squadron mirrors where our Air Force is going: an Active Duty Commander, an Air National Guardsman as Operations Officer, and a Reservist as First Sergeant. The collective efforts of Active, Guard and Reserve forces continue to yield tremendous successes for the Joint Team and our

So what does this mean for you, the individual Airman? First, this means that we have a healthy respect for those Total Force Members that support our mission. Second, we need to adhere to the set

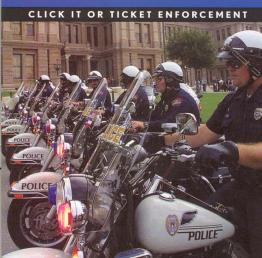


# **Wynne**

standards, to ensure that as we assemble the total force we remain prepared to execute the assigned mission. Third, we need to use the diversity represented by the Total Force to continually look for better ways to accomplish our mission.

Total Force has moved from a future concept to today's reality. One team, one fight, with a shared, disciplined combat focus. The continued dedication and service of all Airmen -- Active, Guard, and Reserve -- make a grateful Nation proud. Thank you for all you do.

# Buckle Up or Pay Up.



## Safety Belts Save Lives.

That's why local law enforcement and state troopers are enforcing the state's safety belt laws for adults and children. Fines range from \$25 to \$200.

### The Law in Texas.

Every person in the front seat of a vehicle must wear a safety belt. Children under 17 years old in the front or back seat must be secured with a safety belt or in a child safety seat. A child less than five years old and less than 36 inches tall must be secured in a child safety seat.



TEXAS DEPARTMENT OF TRANSPORTATION - TEXAS DEPARTMENT OF PUBLIC SAFETY buckleuptexas.com

News every day at www.af.mil



News

#### 17 CS Change of Command

Col. Stephen Czerwinski, 17th Mission Support Group commander, hands the 17th Communication Squadron guidon to Maj. Albert Talamantez. Maj. Talamantez took command of the squadron Friday.

# June Articles 15 Released

Lt. Col. Melinda Davis-Perritano, holic beverages while underage. released the Article 15 actions for the month of June. Punishment for

the same or similar offense may differ depending on the nature of the offense, the record of the servicemember, the need for good order and discipline, and the effect of nonjudicial punishment on the servicemember. -- An airman 1st class

received a reduction to the grade of airman, suspended forfeiture of \$713 pay for two months, 14 days extra duty and a reprimand for providing alcoholic bev-

-- An airman 1st class received a suspended reduction to the grade of airman, 14 days extra duty and a repri-

Goodfellow's Staff Judge Advocate, mand for wrongfully consuming alco-

-- An airman 1st class received a reduction to the grade of airman and a reprimand for providing alcoholic beverages to a minor.

> -- An airman 1st class received a reduction to the grade of airman and a reprimand for wrongfully consuming alcoholic beverages while underage.

An airman 1st class received a reduction to the grade of airman and a reprimand for wrongfully consuming alcoholic beverages while underage.

-- An airman received a reduction to the grade of airman basic, forfeiture of \$636 pay and a reprimand for wrongfully operating a motor vehicle with a detectable amount of alcohol while



#### 314 TRS Change of Command

Col. D. Scott George (left), 17th Training Group commander, presents Maj. Lance Orr, incoming 314th Training Squadron commander, with the 314 TRS guidon June 29 at Fort Huachuca, Ariz.

# Students of the month

Every month, Goodfellow's training certificate and a free steak lunch prosquadrons choose their top enlisted student, both in academic performance and in ability to meet military training standards, for recognition as Student of

The 315th Training Squadron – the Training Squadron only squadron here with both officer and enlisted students - also chooses one officer student.

The students of the month receive a 316th Training Squadron

vided by the Rotary Club. Students of the month for June are:

- Airman Joel Gabhart, 312th Training Squadron
- 2nd Lt. Carolyn Winn, 315th
- Staff Sgt. Marvell Cranford, 315 TRS (photo not available)
- Army Specialist Abraham Ahern,



**Gabhart** 



Winn



Ahern

### Skin Cancer **Awareness** Month

erages to a minor.

# Skin Cancer

What You Should Know

kin cancer is the most common type of cancer in the United States. According to the National Cancer Institute, 40 to 50 percent of Americans who live to age 65 will have skin cancer at least once. Fair-skinned people with light colored eyes or who freckle easily are most at risk because their bodies produce only small amounts of melanin, the pigment that protects skin. Fortunately, skin cancer is also one of the most curable forms of cancer.

### Know the Risk Factors



- ➤ fair skin or hair
- > prolonged exposure to sunlight
- ➤ living in areas that get high levels of UV radiation from the sun
- excessive x-rays
- having many ordinary moles (more than 50)
  - personal or family history of skin cancer
- > severe, blistering sunburns

## Symptoms of Skin Cancer

any skin growth that increases in size, itches, hurts, scabs or bleeds

a growth with irregular or jagged borders

heal or reopens

a mole larger than the size of a pencil eraser

pigment change in a mole

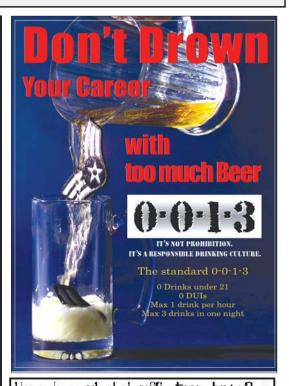
## **Detection and Treatment**

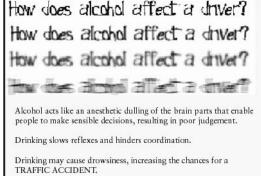
Conducting regular skin exams is important in minimizing the potential spread of skin cancer. You can do this at home, using mirrors and good lighting, or you can schedule annual visits with your doctor. If an area of the skin is suspected of being cancerous, your doctor will do a biopsy, which is the removal of some or all of the area. The sample will then be sent to a specialist who will examine the cells under a microscope to determine if they are cancerous.

There are numerous types of treatment for skin cancer, ranging from freezing the skin to laser surgery. Most treatments are minimally invasive and aim to destroy the smallest amount of tissue necessary, leaving as little scarring as possible.

## How to Reduce Your Risk

- an open sore or wound that won't > Avoid excessive sun exposure, especially between 10 a.m. and 3 p.m.
  - ➤ Cover your skin with clothing and wear a wide-brimmed hat.
  - ➤ Avoid unnecessary x-rays.
  - ➤ Use sunscreen with a sun protection factor (SPF) of 15 or greater, that blocks both ultraviolet A (UVA) and ultraviolet B (UVB) rays.





The legal drinking age in Texas is 21.

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# Sports

# SAM Squad Still on Fire



Staff Sgt. William Fisher runs through the first stage of the firefighter challenge training course Monday at the Louis F. Garland DOD Fire Academy

The SAM Squad, a firefighting challenge team made up of instructors at the Louis F. Garland DOD Fire Academy, took first place in the team event at their last competition, the Scotts on Target Firefighter Combat Challenge in Janesville, Wis.,

The following are results from their competition.

• Second in tandem team event (Staff Sgts.

Justin Rhodes and Robert Fisher)

◆ Third in the relay (Marine Master Sgt.

William Bockelman, Staff Sgt. Anthony McMurtry
and William Gates and Marine Sgt. Nicholas

◆ Staff Sgt. Gates placed third in the individ-

all competition

♦ Staff Sgt. McMurtry and Sgt. Cook also finished in the top 10 in the individual competition.

The SAM Squad's next competition is scheduled to take place at the Freedom of the Arts Festival in Freemont, Calif., August 5-6.

(Story by Airman 1st Class Luis Loza Gutierrez. Photos by Staff Sgt. Gina O'Bryan.)



rine Sgt. Nicholas Cook hoists a 45-pound fi e to the top of the 6-flight firefighter challe ning tower Monday at the firefighter challe g course at the Louis F. Garland DOL



Staff Sgt. Anthony McMurtry gets into the starting posi ne firefighter challenge training, while fellow t Staff Sgt. Ennis Kanawi looks on.

# Sailor Booster Club **Annual Golf Tournament**

\$55 Per Player (Includes catered lunch, beverages and more...)

For more information or to register: Call Caleb McDonald at 654-4482. Registration limited to the first 28 Teams



**Quicksand Golf Course** September 8, 2006 4-Person Scramble Shotgun Start: 8:30 a.m.



# Goodfellow Friendship Charity Golf Tourney

Quicksand Golf Course August 4, 2006 Cost: \$60 per player Registration 6:30 a.m. 120 Golfers - 30 Teams

Enjoy 18 holes of golf (including cart), lunch, and door prizes for each player.

Tourney helps support operation WarmHeart; a program for assisting our military members in times of need. help provide food baskets, calling cards, and other essential morale items: especially to the families of our deployed servicemembers.

Deadline for registration is July 24.

For more information, call Marge Elliott (day) at 654-3407 or (evening) 653-6800.

# Circuit Training For Kids!

July 10 through August 5 Kids ages 8-15 yr Mondays, Wednesdays & Fridays 12:30 to 1:30 p.m. **Carswell Field House** 

The Youth Center staff has teamed up with the Fitness Center staff to bring you a super kids workout. They will learn about cardiovascular fitness. Goal setting and how to achieve their age appropriate goals.

While Having Lots Of Fun!



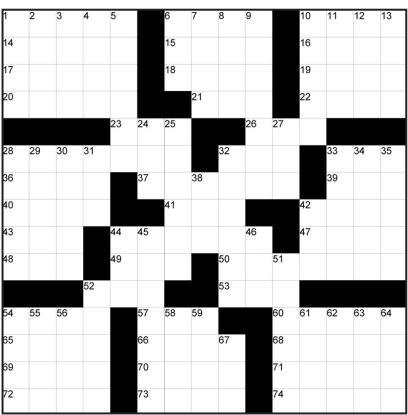
Cost is \$25 Sign up at the Youth Center-Bldg 915







# Community



Answers in next week's issue

By Capt. Tony Wickman, 71st Flying Training Wing Public Affiars

# **Chest Salad**

Medal

element

ACROSS
1. USAF officer promo-
tion category
6. Greek letters
10. Browse
14. Scent
l5. Floor unit
16. Papa New Guinea
currency
17. Legion of
18. Oracle
19. Much
20. Singer LaBelle
21. Gun the motor
22. Nevada town
23. Crypto org.
26. Taxing org.
28. San Diego player
32. The Name of the
Rose writer Umberto
33. Bone
36. Vestment

37. Poured out emotions 39. Mining goal 40. Chalcedony gemstone 41.\_ \_ Medal 42. Expeditionary or Service medal, in short 43. USAF PME 44. Foolhardy 47. Harangue 48. 12th graders, in short 49. Spy org. 50. Korean \_ 52. Respectful address

Santa 70. Zilch 71. Lake transport 72. Track competition 73. Lake denizen 74. African antelope **DOWN** 1. Gangplank 2. Vicinity 3. Law 4. Radiate 5. Purpose for using Carbon-14 6. Time to go for USAF member Recent 7. Bracket 8. Away from the wind 9. National Defense Medal 10. Silver or Bronze medals 11. USS ; US Navy ship attacked in Yemen 12. Forever and a day Republic of Yugoslavia

Campaign 25. Fleet of ships 57. Medal above 41 ACROSS, in short Forces Expeditionary Medal 65. Restaurant's food list 66. Smallest unit of an 68. Female relative 69. Mexican pol-mil leader Antonio López de tree

24. Observe

27. Shaft 28. Air Force Distinguished Flying 29. Medal of \_ 30. Chasm Harrison

31. My Fair Lady actor 32. Web-based stock brokering 33. Deciduous European 34. Actor Jeremy

35. Academy Award winner Davis 38. NCOIC's boss 42. Graduate exam

44. AT&T competitor \_\_ Medal 46. Each 51. European nation 52. Stoop low

54. Islamic holy man 55. French mathematician Descartes 56. Queen .; last Stuart monarch 58. Store up

59. \_\_ Lisa 61. Iranian currency 62. American Pie actress Suvari 63. School subj.

64. Title 67. Cuba Gooding, Jr. Medal-Former film \_\_\_ of Honor

Movies start at 7 p.m. in the base theater unless otherwise noted. Admission is \$2 for adults and \$1 for children under 11. Movie times are subject to change without notice.

### The Breakup

53. Mistake

Today and Thursday

Vince Vaughn and Jennifer Aniston star in this movie rated PG-13. Pushed to the breaking-point after their latest, "why can't you do this one little thing for me?" argument, art dealer Brooke calls it quits with her boyfriend, Gary, who hosts bus tours of Chicago. What follows is a series of remedies, war tactics, overtures and underminings suggested by the former couple's friends, confidantes and the occasional total stranger. When neither ex is willing to move out of the condo they used to share, the only solution is to continue living as hostile roommates until somebody caves.

# The Omen

Saturday

Seamus Davey-Fitzpatrick and Julia Stiles star in this R-rated movie. Robert Thorn is a senior American diplomat whose wife, Katherine, endures a difficult delivery where their newborn child has died. Thorn knows the news will devastate Katherine, who had suffered two previous miscarriages. The hospital priest presents Thorn with another child born that night, whose mother died in childbirth. The priest compels Thorn to take the infant boy as his own; Katherine will never know the truth, and their son, which they name Damien, will be raised as their flesh and blood.

# X-Men: The Last Stand

Hugh Jackman, Ian McKellen and Patrick Stewart star in this movie rated PG-13. The continuing adventures of the superpowered group, the X-Men, led by Professor Xavier, and based at his school for gifted students, as they try to foster good will for mutants like themselves, in a world where some people are born with extraordinary powers, and many ordinary humans fear them









RANK: Staff Sgt.

**UNIT:** 17th Contracting Squadron

**DUTY TITLE:** Contract administrator

TIME ON STATION: 9 months

TIME IN SERVICE: 9 years

for my customers."

Previous Bases: Hill Air Force Base, Utah; Dover AFB, Del.

Hometown: Jacksonville, N.C.

HOBBIES: Drag racing, computers

**ASPIRATIONS:** To raise his son well and retire from the Air Force. **FAVORITE PART OF JOB:** "Purchasing things



Photo by Airman 1st Class Stephen Musal Staff Sgt. William Simpkins prepares to follow up on a contract on his computer

### **Last week's puzzle solution:**



### July 14 to July 20 dining facility menu

<u>Lunch</u>

Beef and Corn Pie Roast Turkey

Fried Shrimp

Brunch Swedish Meatballs Savory Baked Chicken Creole Shrimp

<u>Brunch</u> Mustard Baked Chicken Cantonese Spareribs

> <u>Lunch</u> Pot Roast

Oven Fried Fish

Roast Loin of Pork Baked Stuffed Fish

<u>Lunch</u> Veal Parmesan Teriyaki Chicken Salmon Cakes

<u>Lunch</u> Tacos Chicken Enchiladas Mexican Baked Chicken Beef Ball Stroganoff Turkey and Noodles

<u>Lunch</u> Grilled Salisbury Steak Herbed Baked Chicken Southern Fried Catfish

Friday

Dinner | Yankee Pot Roast Simmered Corn Beef Pineapple Chicken

Saturday

Dinner [ Hungarian Goulash

Barbecue Chicken Baked Fish

Sunday

<u>Dinner</u> Grilled Steak Stir Fry Beef with Broccoli Turkey Nuggets

Monday

<u>Dinner</u>

Chili Macaroni Beef Manicotti Southern Fried Chicken

Tuesday

<u>Dinner</u>

Meat Loaf Santa Fe Glazed Chicken Turkey a la King

Wednesday

<u>Dinner</u>

Lemon-Herb Chicken Stuffed Pork Chops Barbecue Spareribs

**Thursday** 

<u>Dinner</u>

Jaegerschnitzel Glazed Cornish Hen Roast Loin of Pork

## Hours of operation

Western Winds Monday to Friday

Midnight Meal ... 12:15-1:45 a.m. Breakfast ... 5-8:15 a.m. Lunch ... 10:30 a.m. to 1 p.m Dinner ... 4:30-7 p.m.

Cressman Monday to Friday Breakfast ... 4:30-7 a.m.

Lunch ... 10:30 a.m. to 12:30 p.m. Dinner ... 6-8 p.m. Saturday, Sunday and Holidays Brunch ... 8 a.m. to 1 p.m. Dinner ... 4-7 p.m.